



growing healthy families



Sugar-sweetened drinks are those that contain added sugar. Examples are soft drinks or sodas, lemonade, sweet tea, sports drinks, and juices that are not 100% fruit juice. They are not only high in calories, these drinks lack nutrients.

Sugar-sweetened drinks:

- can cause tooth decay
- may make you gain weight
- reduce the amount of milk and water we drink,
- should be treated as a dessert.

Tips for avoiding sugar-sweetened drinks:

- Drink water, 1% or skim milk or 100% fruit juice.
- Always keep water on hand when you're out and about so that when you are thirsty, you reach for water.
- Put a splash of juice in a glass and fill it with normal or sparkling water.
- Read drink labels before you buy them.



For a healthy family, give your children these gifts:

- Discipline
- Structure
- Good examples
- Good information
- Healthy snacks and meals.

5+2–1–0 Benefits for Families:

- Increased energy
- Improved ability to cope with stress or anxiety
- Responsible, healthy children who grow up knowing how to make smart choices and maintain a healthy weight
- Fewer visits to doctors and dentists.



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